

Dr. Rafiq Zakaria Campus
Maulana Azad College of Arts, Science and Commerce, Aurangabad

Report of activity for submission to IQAC

Name of the Event:- Impact of diet and nutrition on women health

Date:- 24th March 2022

Time:- 2 pm

Venue:- Rasoolpura Z.P School

Number of beneficiaries:- 72

Type of activity:- Extracurricular/ co-curricular

Extension activity of NSS


Details of the Programme:-

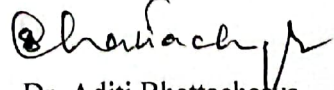
Speaker Dr Maya Wanjare , Professor in Nutrition and diet of Government College of Arts and Science in her speech told about the importance of Vegetables and salads specially for girls. Also shared deficiencies of the vitamins, minerals etc and health issues caused by it. On this occasion girl students took oath of having good and balanced nutrition. She showed different types of salads and its importance in daily diet.


Pos Dr J. D. Shaikh, Dr. Kalimoddin Shaikh and Dr. Shahela Yasmin attended the lecture .

Goals and objectives:- Health awareness in women

Relevance and out comes:- Girls came to know about importance of healthy and balanced diet


Dr.J.D Shaikh
NSS Programme Officer
Programme Officer (N.S.S.)
Maulana Azad College
Aurangabad


Dr. Aditi Bhattacharya
IQAC. Coordinator
COORDINATOR
Internal Quality Assurance Cell
Maulana Azad College of Arts,
Science & Commerce, Aurangabad.


Dr. Mazahar Ahmad Farooqui
Principal
PRINCIPAL
Maulana Azad College
AURANGABAD.



Dr. Maya Wanjare demonstrate to Girls students on Nutrition and Diet



Conducting Oath on Nutrition



Maulana Azad College, Amangabad

NSS Special Camp

2022

Activity:- "Impact of Diet & Nutrition on women's Health"

Speaker:- Dr. Maya Wanjare

Date :- 24-3-2022

Place :- Z.P. School, Rasoolpura, Khyftabad, Amangabad
From 21 March 2022 to 27-March 2022

[07 days]

No.	Name of Volunteers	class	signature
1	Noor-us-saba	Bcs II nd year	Noor <u>ussaba</u>
2	Sayyeda saniya	Bcs II nd year	<u>Saniya</u>
3	Adeeba Khan.	Bcs II nd year	<u>Adeeba</u>
4	Shaikh Farheen	Bcs II nd year	<u>Farheen</u>
5	Khan Tubq Anjum	Bcs II nd year	<u>Tubq</u>
6	Shah Samrin	Bcs II nd year	<u>Samrin</u>
7	Shaikh Amrin	Bcs II nd year	<u>Amrin</u>
8	Shaikh Tarannum	B.com 3 rd year	<u>Tarannum</u>
9	Ragini Kewat	BCA II nd year	<u>Ragini</u>
10	Qureshi Adeeba	Bsc II nd year	<u>Adeeba</u>
11	Saleha Kausar	Bsc II nd year	<u>Saleha</u> 21/03/21
12	Baïma Shaikh	Bsc II nd year	<u>Baïma</u>
13	Shaikh Saba Anjum	Bsc III rd year	<u>Saba</u>

14	Shaikh arshifa Ajjaz	BSC III rd	Arshifa
15	Sujata Sharma	BSC III rd	Sujata
16	Shaikh Saba	BSC III rd	
17	Shaikh Parvez Ahmed	BSC - II nd	Parvez
18	Sohel Pathan	BSC - II nd	Sohel
19	Aman Shaikh Mujahid	B. Com II nd	Aman
20	Shaikh Musadique Abbas	BSC III rd	Abbas
21	Shaikh Shoaib Hanif	BSC T.Y.	Shoaib
22	Shaikh Shifa Naaz	BSC T.Y.	Shifa
23	Siddiqui Faqeeha wase	B.A. 1 st year	Faqeeha
24	Sayyad Meena Sayyad	B.A 1 st year	Meena
25	Misbah Sadaf	BAFY	Misbah
26	Khan Muskan	BAFY	Muskan
27	Shiwanee Gondale	B. Com III rd yr.	Shiwanee
28	Vaishali Mhaskar	B. Com III rd yr.	Vaishali
29	Shaikh Akram	B. Com III rd yr.	Akram
30	Khan Muskan	B.A I year	Muskan
31	Shifa Nazmeen	B.A 1 year	Shifa
32	Shaikh Bushra	B.A 1 year	Bushra
33	Shaikh Saher	B.A I year	Saher
34	Azeera Khan	B.A 2 years	Azeera
35	Neha Parveen	B. Com 2 year	Neha
36	Mahwish Maryam	B.A II nd yr	Mahwish
37	Simran Fatema	BSC II nd yr	Simran
38	Khan Heba	BA. III rd yr	Heba
39	Qazi Shagufta Noorim	BSC II nd yr	Shagufta
40	Shaikh Anjum	BSC II nd yr.	Anjum
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42	Khan Sumera	B.A III rd year	Dr. Hafiz
43	Sadaf Afreen	B.A III rd year	Sadaf
44	Khan Sadique	BCA II nd year	Sadique
45	Shaikh Bilal	BCA II nd year	Bilal
46	Syed Anwar Neli	BCA II nd year	Uro.
47	Syed Mujib	BCA II nd year	Mr
48	Patel Nazeeh Yunus	Bsc. II nd year	Patel
49	SK. Musab	Bsc. II nd year	SK
50	Shaikh Saadega Anjum.	B.Sc-III rd year	Sadi
51	Heena Shaikh	B.A Fy	Heena
52	Muskan Shaikh	-II-	Mur
53	Shivita Kalyani	B.Sc. T.Y	
54	Sujata Sharma	-II-	
55	Aimen Fatema	Bsc. IT	
56	Shaikh Anjum	-II-	
57	Pathan Asfar	staff	
58	Muzammil Qureshi	=II-	
59	Abdul Wahid	zp teacher	
60	Borade Sir	-II-	
61	Azim Pathan	Villagers	
62	J-D. Shaikh	NSS P.O	MS
63	Shaila Yasmin	-II-	
64	Shaikh Kalimodra	-II-	
65	Shaikh Habib	-II-	
66	Mohammed Anees	-II-	
67	Chakradar Sir	Gram sevak	
68	Saleem Khan Pathan	Paupanch	
69	SK Musab	III rd year	Musab
70	Azeeb Anwar	-II-	Anwar
71	Mehreshah Myan	B.A III	Mehreshah
72	Atma Fatema	Bsc. IT	Fatema

Maulana Azad College, Amangabad

NSS Special Camp

2022

Activity:- De-Addiction

Speaker:- Dr. Faisal Khilji

Date :- 25/3/2022

Place :- Z.P. School, Rasoolpura, Khyatabad, Amangabad

From 21 March 2022 to 27-March 2022

[07 days]

Sl. No.	Name of volunteers	class	signature
1	Shaista Kazim Husain	BSc III rd yr	Shaista
2	Shaikh Salomi	BA 1 st year	Salomi
3	Siddiqui Faqeeha	BA 1 st year	Faqeeha
4	Heena Shaikh	BA st Year	Heena
5	Misbah Sadaf	BAFY	Misbah
6	Muskan Shaikh	B.F.Y	Muskan
7	Fahan Muskan Anjum	B.A F-y	Fahan
8	Shaikh Nabila Nisara	BCA FY	Nabila
9	Muskan Ansar Pathan	B.A. T-Y.	Muskan
10	Uzma Balq	B.A.T-Y	Uzma
11	Shaikh Shiya Naz	BSC III rd yr	Shiya
12	SALEHA Kausar	BSC IIY	Saleha
13	Qureshi Aleeza	BSC II nd yr	Aleeza 2403122

14	Shaikh Saima	BSC II nd year	Gajima*
15	Noor us Salva	BLS 2nd yr	Abna
16	Patel Shirin	BLS 2nd yr	Shirina
17	Shaikh Farheen	BLS 2nd yr	Farheen
18	Sayyeda Mariya	BLS 2nd yr	Saiya
19	Shah Samir	BLS 2nd yr	Samir
20	Shaikh Amrin	BLS 2nd yr	Amrin
21	Aggru Keerat	B.C.A 2 nd	Ragini
22	Sujata Sharma	B.Sc III rd yr	Sujata
23	Sodaf Tahseen	B.A. - I st	Sodaf
24	Umrah harkash	B.A. IV	Umrah
25	Mirza Saba Yonus	B.A. II Year	Saba
26	Rokade Priti Shivaji	B.A. III year	Rokade
27	Mariya Sayyad	B.A. III year	Mariya
28	Ameera Shaikh	B.A. III year	Ameera
29	Nishat Mirza	B.A. III year	Nishat
30	Sumaiyya Shaikh	B.A. III year	Sumaiyya*
31	Shaikh Arora	B.Sc III rd	Arora
32	Shaikh Sahel	B.A. III rd year	Sahel
33	Shaikh Malik	B.Sc II nd year	Malik
34	MOHD ADIL	B.A. III year	Adil
35	Shaikh Khaled	B.A. III rd year	Khaled
36	Aman Saad Malik	---	Aman
37	Mirza Abulhasan	---	Mirza
38	Mazhar Daudar	---	Mazhar
39	Shaikh Mujeeb	B.Sc III rd yr	Mujeeb
40	Shaikh Safwan	---	Safwan
41	Abhijeet Guikwad	---	Abhijeet

2	Misbah Anjum sk. Baqer	B.A. 3 year	Mishah
43	SADAF AFREEN	BA. 3 year	Sadaf
44	Khan Saniya	BA III	Saniya
45	Sayeda Tarannum	BA III	Tarannum
46	Shaikh Parwez Ahmed	BSc. II nd yr	Parwez
47	Shaikh AKRAM	Bcom III year	Akram
48	Shaikh Musadique Akbar	BSc III rd year	Musadique
49	Quaderi Namra	B.Sc III y	Namra
50	Nausheen	B-Sc III y	Nausheen
51	Mahwish Shaikh	B.Sc. T.y.	Mahwish
52	Shifa Nazmeen	B.A. 1 year	Shifa
53	Shaikh Bushra	B.A 1 year	Bushra
54	Shaikh Sahar	BA 2 year	Sahar
55	Shaikh Azeela	BCA 2 year	Azeela
56	Neha parveen	B.com 2 year	Neha
57	SADAF AFREEN	B.A 3 year	Sadaf
58	Umrah Hatrash	B.A 3 year	Umrah
59	Mahwish Maryam	BA 2 year	Mahwish
60	Aiman Fatima	BSC II nd yr	Aiman
61	Khan Heher	B.A. III yr.	Heher
62	Quazi Shagufta Noorim	BSE II year	Shagufta
63	Shaikh Anjum	BSC II yr.	Anjum
64	Misza Suba Yonus	BA II year	Misza
65	Sayyeda Madiya	BA III year	Madiya
66	Misza Nishat	BA III year	Nishat
67	Pgiti Rokanda	BA III year	Pgiti
68	KHAN SUMERA	B.A III year	Sumera
69	Khan Sadeque	BCA II nd year	Sadeque
70	Shaikh Bilal	BCA II nd year	Bilal
71	Syed-Umaris Welji	BPA II nd year	Umaris
72	Sayyad Mujamill	BCA II nd year	Mujamill
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74	Patel Nazam Yuna	B.Sc. 2 nd year	Patel
75	SK. Musaab	B.Sc. 3 rd year	Max
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